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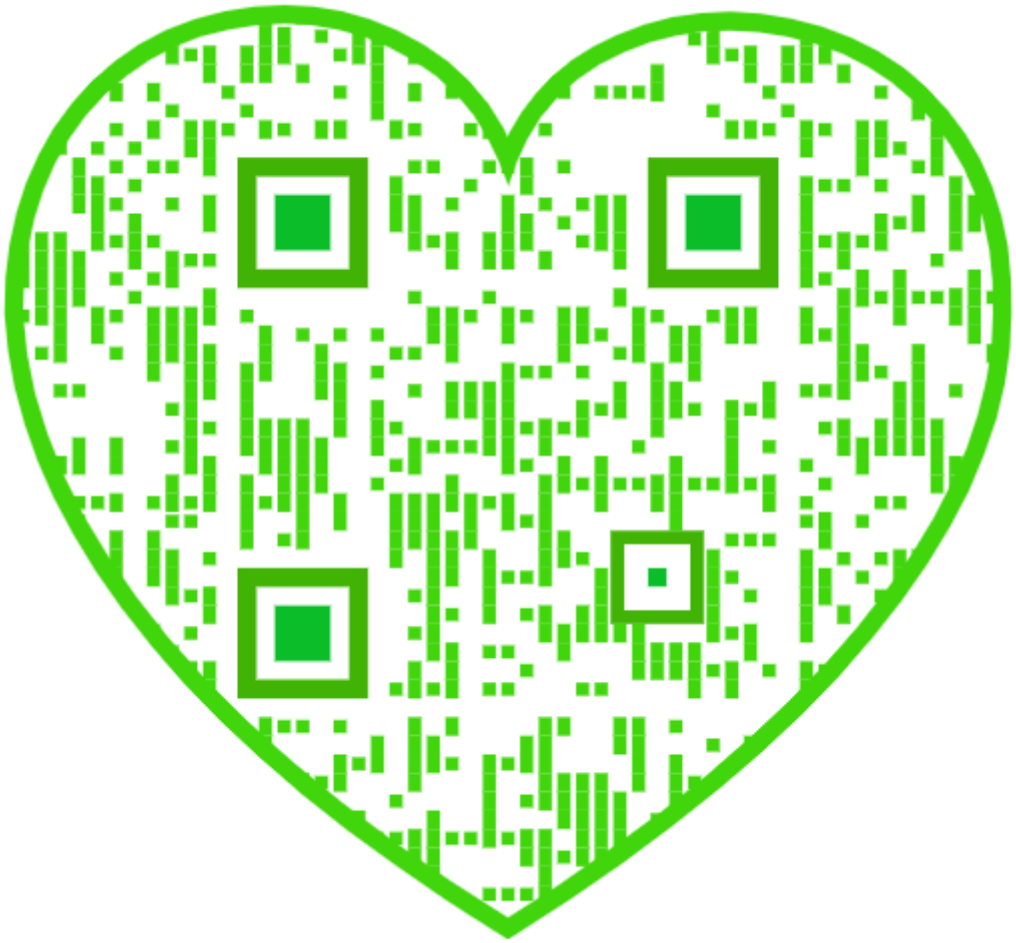

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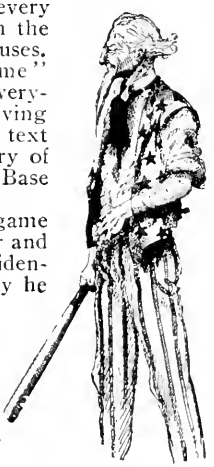

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PARALLEL BAR EXERCISES

BY
WILLIAM J. CROMIE
INSTRUCTOR IN GYMNASTICS
UNIVERSITY OF PENNSYLVANIA, PHILADELPHIA

PUBLISHED BY
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21 WARREN STREET, NEW YORK

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INTRODUCTION.

I have examined the exercises and the illustrations with care and much pleasure, as I felt that this little booklet is an encouraging sign of the increased interest that the different forms of apparatus work are receiving. Those of us who have found much pleasure is being able to do all possible and impossible "stunts" upon all forms of apparatus feel a warm glow spreading over us when we notice this revival of gymnastic skill, this striving for form and finish, as exemplified in this booklet. It may be that some critics will ask what these exercises are good for, yes, that they will question the hygienic value of some of them, or, worse still, tell us that some positions are positively harmful from a corrective point of view. But what are such quibbles to a young man who feels the power and the glory of his strength when he swings up to a handbalance, and who feels the thrill of vigorous life tingling through his body?

It is time that a decided stand be taken by all normal men that the mental value, the pleasure and satisfaction derived from doing many forms of gymnastics has fully as great a value as the exercises have that are undertaken from any other point of view. Let us hope that young virile manhood will never fall to the level of looking upon gymnastics from the "prescription" standpoint. Therefore, may this little booklet be a guide for courageous students who wish to acquire bodily skill for the fun and enjoyment there is in it.

WILLIAM A. STECHER,
Director of Physical Education
in the Public Schools of Philadelphia.

EXPLANATION

The Editor of this booklet firmly believes that the standard of gymnastic competition in the A. A. U., the A. L. N. A. Intercollegiate and Interscholastic teams can be very much improved by having "set" exercises rather than the present method, which consists of three elective exercises: Firstly, because of the extreme difficulty in judging elective work. It is hard to find three judges all of whom place the same relative value upon a complicated gymnastic feat. Very often the competitor is not given proper credit for the work performed; and again, the performer oftentimes places too much value on *his special* exercise. At any rate, there is much wrangling, and this tends to retard the popularity of this sport.

Secondly: The member of a gymnastic team must specialize too much; must confine himself to one piece of apparatus in order to properly compete with a specialist. In doing this, he very often loses sight of the all around work.

Thirdly: If two set and one elective exercises were considered at gymnastic meets, very soon a uniform gymnastic nomenclature would be accepted.

The "bone of contention" against set exercises seems to be in conflicting nomenclature. This goes to prove that gymnastics are in a chaotic state, and should be fostered and developed.

The exercises contained in this booklet are designed for gymnastic teams in colleges, Y. M. C. A.'s and clubs. They are not for beginners, but for those who have had practical training in heavy gymnastics. They range from the moderately difficult to the most classical, and it is hoped will fill a much-felt need in gymnastic competition. In compiling this booklet the editor has received assistance from "Alexander's Modern Gymnastic Exercises," "Puritz's Code Book of Gymnatic Exercises," "A. F. Jenkin's Gymnastics," "Hints to Gymnasts," "Archibald Maclaren's Physical Education," "German Gymnastics," and other sources.

The member of a gymnastic team should not confine his work to the parallel bars alone, but should, in conjunction, use a suspended piece of apparatus such as the flying rings or the horizontal bar, and thus secure a more symmetrical muscular development.

The editor desires to thank the members of the Gymnastic Team of the University of Pennsylvania who posed for the illustrations in this booklet.

W. J. CROMIE.

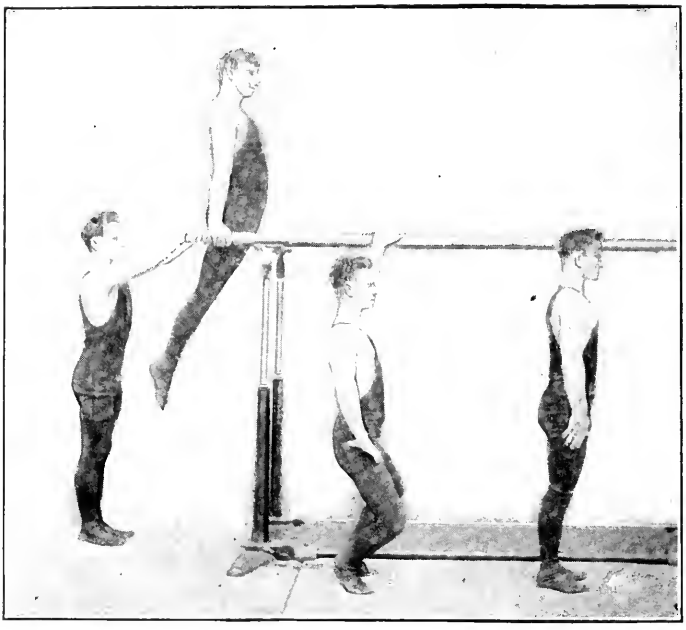


FIGURE 1.

FIGURE NO. 1.

(1) *Approach.* Cross stand at end of bars, inside grasp, body erect.

(2) *Proper Form.* Chest out, chin in slightly, legs straight and together, toes pointed. (Cross rest.)

(3) *Dismount.* Half squat, hand on hip, other hand grasping bar. (Half knee bend.)

(4) *Ending.* Come "to attention," as in figure.

FIGURE NO. 1.

Correct Position on the Bars.

Chest out strongly, chin drawn in, back arched, legs together and toes pointed. *Maintain good form in all exercises performed on the parallel bars.* A simple exercise with proper approach, good form, fine execution and a perfect dismount is preferable to a difficult exercise improperly performed; in fact, good form *makes the exercise.*

In the dismount, always perform a half squat and quickly come to "attention." Place hand on hip, higher than in the illustration, with arms raised front or side horizontal, as the performer prefers. We consider hands on hips the easiest and most natural. Hold to the bar where possible, as this prevents falls.

FIGURE 2.

FIGURE NO. 2.

Uprise.

From Position 1 (upper arm hang) swing legs front, as in Position 1, and uprise to cross rest on backward swing, as in Position 2.

Position. Bend body at waist only, legs straight and toes pointed. *Do not bend arms.*

Combinations. Uprise and front roll (change grasp).
Uprise to shoulder balance (change grasp).
Uprise to forearm balance (change grasp).
Uprise to hand balance (change grasp).
Uprise and straddle both bars to (Position 1) again.

From upper arm hang at end of bars, facing out, uprise and straddle off to mat. (A big swing will enable one to clear the bars.)

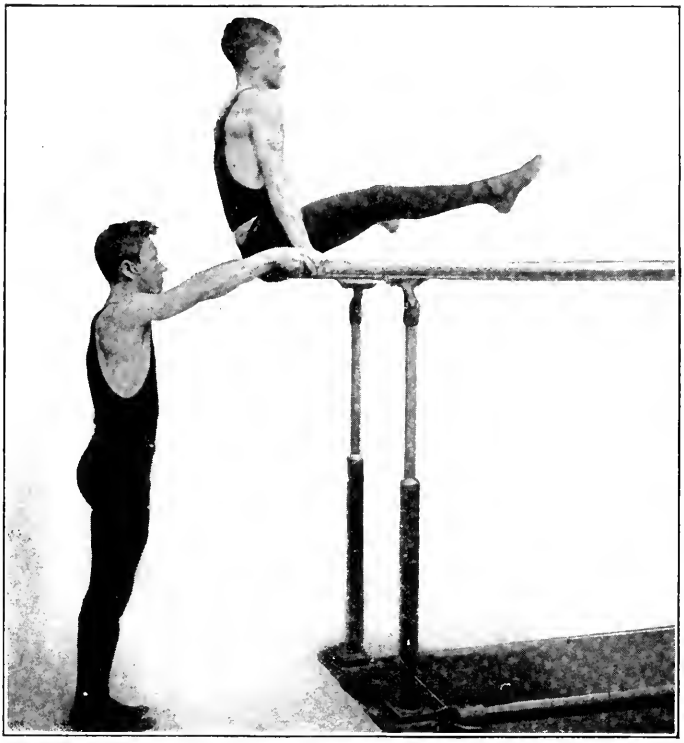


FIGURE 3.

FIGURE NO. 3.

The Straddle Off Or "Cut Off."

From Position 1 (cross stand) swing up between bars and straddle off, as in Position 2, to Position 1. Keep the legs straight, and lean slightly backward The straddle off is not difficult, but do not start it and then change your mind. Practice with one leg at first, or have assistance.

(*a*) Straddle on with right leg and off with left, simultaneously.

(*b*) Straddle on with left leg and off with right, simultaneously.

(*c*) Straddle off with ½ right or left turn.

From cross stand (Fig. 1, Position 1) almost to back hang position, straddle wrists and regrasp bars without body touching floor. Begin as in Figure 24, Position 1, to Position 2, then straddle and catch bars.

Combination. From cross rest (Figure 24, Position 3) drop back as in Position 2, cut and catch.

Cut and catch, upstart and shoulder or hand balance or front roll.

FIGURE 4.

FIGURE NO. 4.

Straddle On or Cut On.

Commence as in Position 1 with right leg from outside of right bar, straddle keeping legs together till the straddle. Same, left leg. Bring legs up as high as possible, legs straight, toes pointed.

Another way is to grasp the bars, then jump on the bars, "leap-frog" fashion, grasping behind you, simultaneously. Practice rising higher, and eventually the exercise can be executed as in figure.

(*a*) From Position 1 swing both legs from outside of right bar to Position 2.

(*b*) Same, left.

(*c*) From Position 1 swing both legs from outside of right bar, and rear vault over both.

(d) Same, left.

Combination. Straddle on, hold as in Position 2 and straddle off.

Straddle on, hold Position 2 and front roll, roll upstart shoulder or hand balance, etc.

The straddle on makes a good beginning for many combinations. A number of straddles on and off, in quick succession, look well.

FIGURE 5.

FIGURE NO. 5.

"Muscle Grind." Back Elbow Hang.

In performing the "muscle grind," keep chin in to chest or head will strike further bar.

From Position 1 back elbow hang, swing up to back on bars; grasp far bar and roll backward as in Position 2 to mat.

Be careful upon dismounting, as it is difficult to hold one's balance.

The last part of this exercise can be used as a finish in a number of combinations.

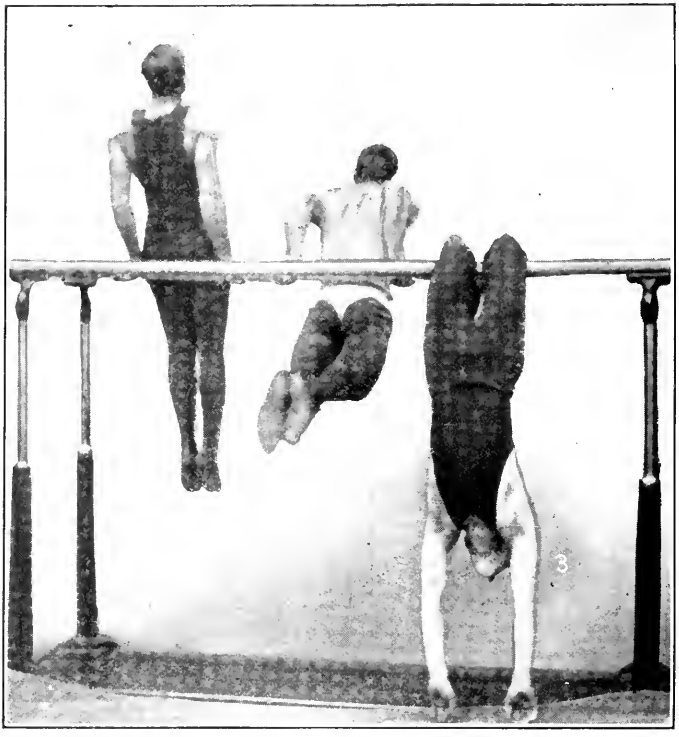


FIGURE 6.

FIGURE NO. 6.

Back Rest, Catch Far Bar With Hocks.

From back rest, Position 1, swing back as if to perform a back circle, Position 2; catch far bar with hocks, place toes under bar, as in Position 3, and swing up to rest.

This should be accomplished in one swing. Be sure to get toes under bar, or you will slide off.

From Position 3 to rest, body should be erect, chest out and head back. It makes a nice beginning for a combination.

FIGURE 7.

FIGURE NO. 7.

From cross rest, facing as in Position 1, swing and perform a complete turn, right or left, and regrasp the bars, as in Position 2. It makes a good beginning for a combination.

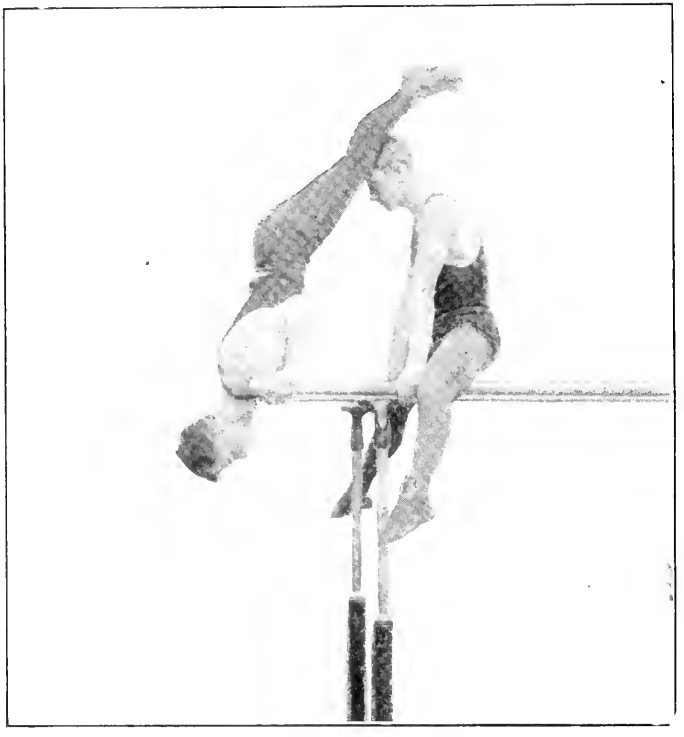


FIGURE 8.

FIGURE NO. 8.

Hand Spring at End of Bars.

(*a*) The easiest way to learn this exercise is to sit astride the bars (cross riding seat) as in Position 1, raise the body, as in Position 2, bend a little more at the waist and give a quick push, and draw the feet under the body, while alighting.

(*b*) Swing between the bars, and bend the body as in Position 2.

(*c*) Swing between the bars, without bending at elbows, and handspring.

Combination. Handspring from uprise and upstart, also from elbow, shoulder and hand balances. In the center of the bars, a hand on each bar (cross rest), handspring, landing in upper arm hang. (Upper arm hang, Fig. 23, Position 1.)

FIGURE 9.

FIGURE NO. 9.

Hand Spring Over the Parallel.

Practice this exercise over the low horizontal bar. Place a string about the same distance as the second parallel bar, and handspring over it, and thus become accustomed to the movement. The head should be down well between the bars, the arms bent and the legs straight, as in the illustration. When about to push away from the near bar, arch the back strongly, and straighten the arms and clear the far bar.

From a hand balance, sink to position as in figure, and handspring.

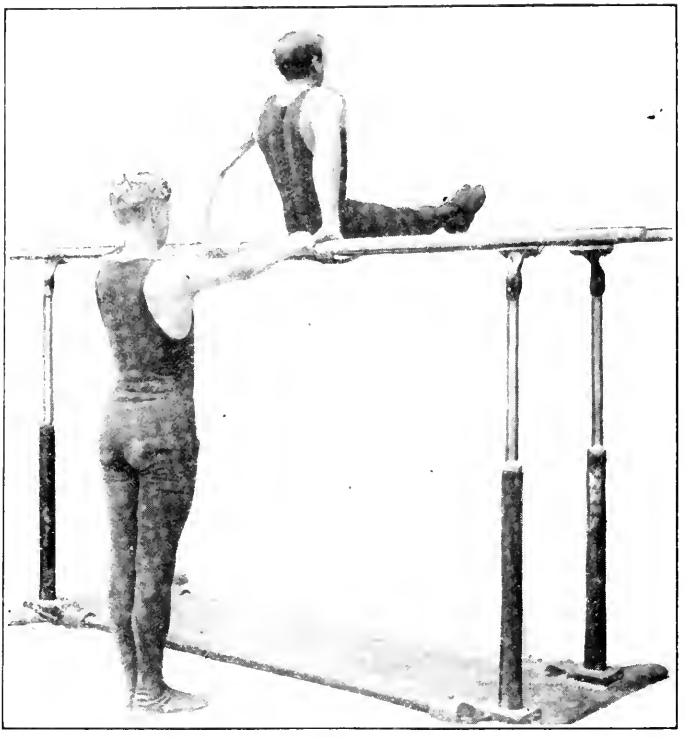


FIGURE 10.

FIGURE NO. 10.

Jump Between the Hands.

Practice this exercise over the vaulting bar about chest high, and raise bar until it is the height of the parallel bar. Squat vault (between the hands) over near bar, then over far bar, as in Position 1.

From between the bars, squat backward. Squat vault over near bar, straighten legs and clear far bar, as in Position 2.

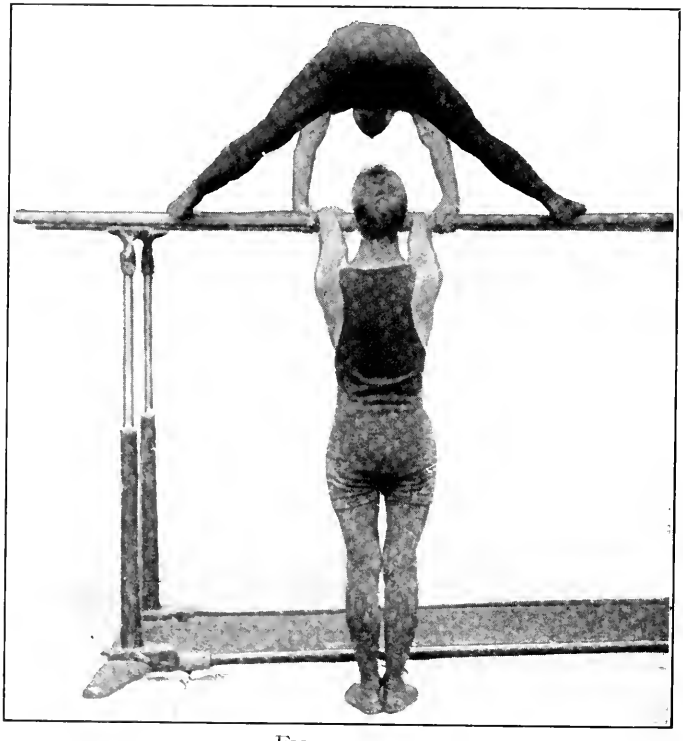


FIGURE 11.

FIGURE NO. 11.

Straddle Vault Over the Parallels.

(*a*) From Position 1, straddle over near bar; Position 2 drop between; (*b*) Straddle over far bar.

Practice over a vaulting bar, as in the preceding exercise.

Straddle over both bars without "dropping" in between.

The straddle over both bars must be done when one is fresh as it requires agility and nerve. The principal thing to remember is that the hands should jump to the second bar much before the legs.

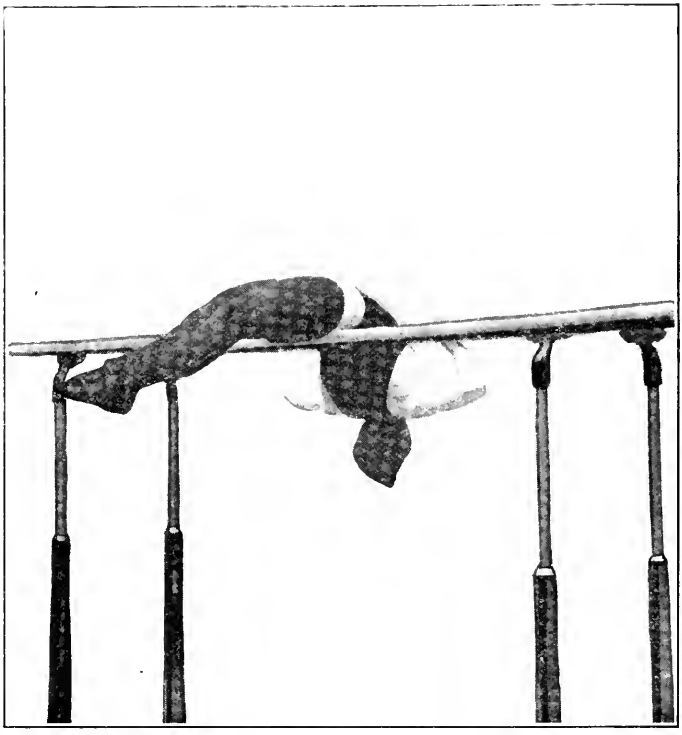


FIGURE 12.

FIGURE NO. 12.

Under Near Bar and Over Far Bar.

Practice this exercise by short underswings on the low horizontal over a string. Place the cord the distance of the parallels and the horizontals, the proper height.

This can also be accomplished from a hand balance.

Get a good arched back position, as in figure.

FIGURE 13.

FIGURE NO. 13.

Forward Roll.

From cross rest position, swing to Position 1, then bending from the waist only, knees kept stiff, forward roll, as in Position 2. The man in Position 2 is about to release his grasp. Keep the elbows well projected over the bars.

In learning the forward roll, abduct the legs and roll to riding seat upon bars.

Arched Back Forward Roll.

Swing to Position 1 and, instead of bending at waist, as in Position 2, arch back, as in Figure 14, Position 2, and hold this position throughout.

This is a very difficult exercise owing to the fact that the tendency is to bend at the waist, as in the illustration.

It is worth the trouble to master it, as one can, with the proper impetus, perform a number in succession or alternate with a hand balance.

Front roll, bend at waist, chin to chest; roll to hand balance.

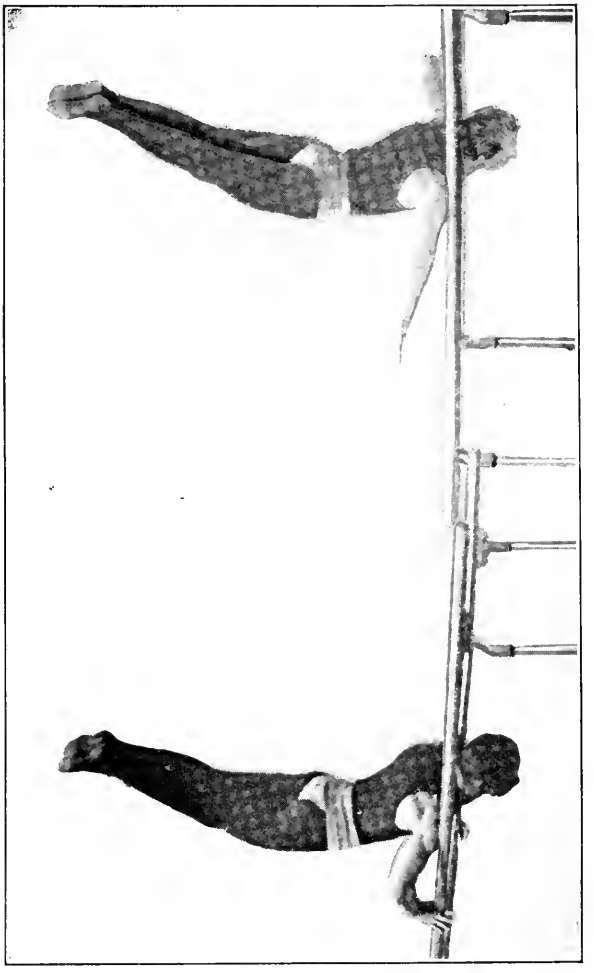


FIGURE 14.

FIGURE NO. 14.

Backward Roll.

From upper arm hang (Figure 23, Position 1) roll backward, abduct thighs, roll to cross riding seat (Figure 32, Position 2) on bars.

To get a back roll, as in figure, start with a good swing, arch back strongly, legs straight and toes pointed. When in the shoulder balance position (Position 2), release grasp and extend arms as in Position 1.

A number may be performed in succession, and a roll off end of bars as finish.

Keep a firm hold of the bars; do not let the arms move about, and project the elbows outward.

Combinations. Forward rolls, backward rolls.

From shoulder or hand balance backward rolls.

From cross stand at end of bars long underswing upstart to hand balance, walk across bars in hand balance position, ½ right or left turn, front rolls and finish with the backward rolls.

"Flying" Backward Roll.

When in Position 2, the body must be thrown with great impetus upward and slightly backward, release grasp, and, when above the bars, regrasp.

When Figure 26, Position 2, is reached, push to hand balance.

From hand balance "flying" backward roll to hand balance.

FIGURE 15.

FIGURE NO. 15.

Forearm Balance.

From elbow rest, Position 1, swing up to forearm balance, as in Position 2.

In this exercise, take a tight grasp, the thumb and elbows on the inside of the bars, bending well from the waist.

Combinations. From the end of the bars, forearm balance and handspring to mat.

From forearm balance to hand balance; return to forearm balance.

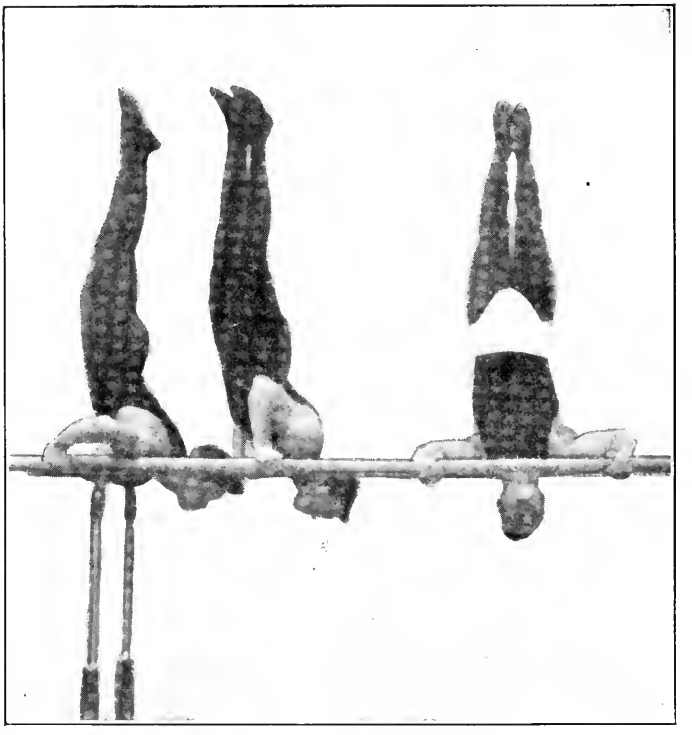


FIGURE 16.

FIGURE NO. 16.

Shoulder Balance and Pirouette.

Pirouette Between the Bars.

From Position 1 move all the weight of the body to the left bar, as in Position 2; now reverse the grasp of the right hand, turn the body to the left, place the left hand on the right bar, reverse grasp, as in Position 3. Then place the right hand close to the right shoulder, ordinary grasp on left bar, and assume reverse position of Position 1.

Pirouette to the right, then left, and come back to starting position.

Pirouette, as in illustration, but, instead of performing it between the bars, raise the head, while in Position 2, above the bar, then outside bar, and proceed as indicated.

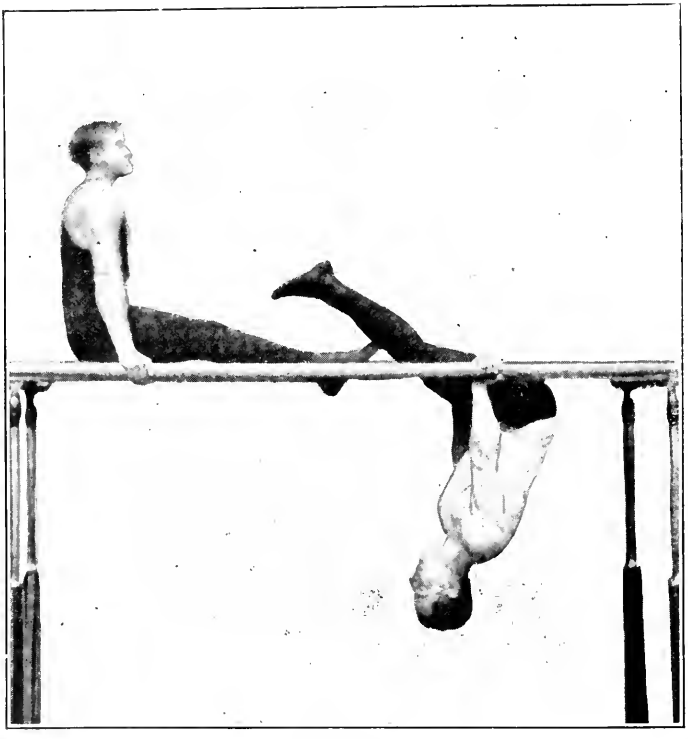


FIGURE 17.

FIGURE NO. 17.

The Drop Back Swing.

From Position 1 half back lever, elbows close to body, drop back as in Position 2 and turn over to mat. Practice this until you become accustomed to the movement, keeping legs and arms straight throughout.

Swing back with greater impetus, until the head and shoulders come up between the bars; release grasp and regrasp, and again come to Position 1.

The Drop Back Swing from Hand Balance

From the hand balance, keep the body very stiff, until the front horizontal above the bar (Figure 22) is reached. Now bring the legs forward, bending from the waist only, until Position 1 is reached, and perform the drop back swing as described. Push to hand balance and repeat.

FIGURE 18.

FIGURE NO. 18.

The Half Backward Balance.

This exercise is more a test of strength than of balance, and can be used in combination with some of the slow movements.

Combinations. Perform Figure 18, then 19. Commence as in Figure 19, Position 5; execute Figure 18, then 20.

Perform Figure 18, then 20, followed by 19.

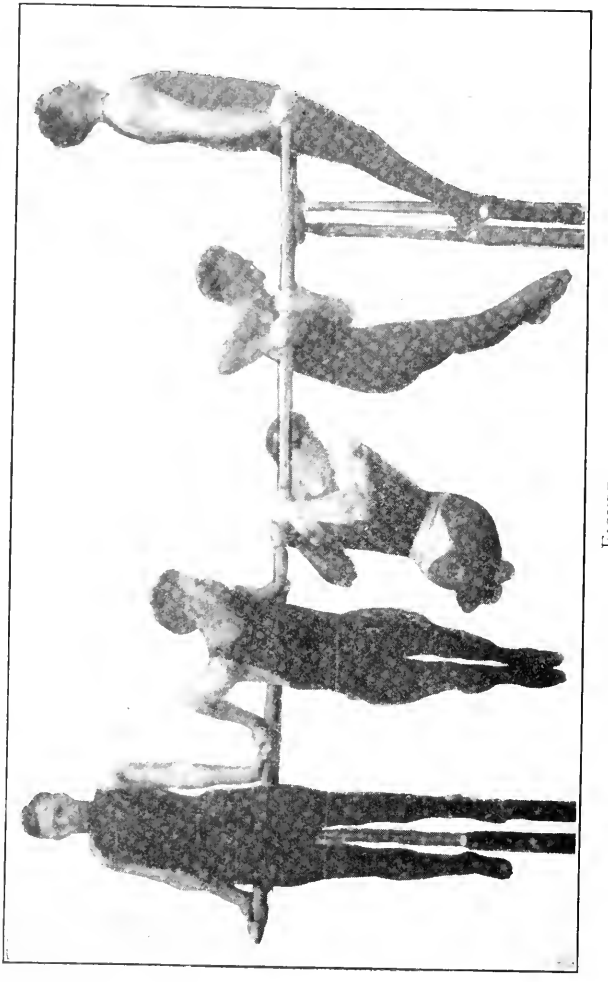


FIGURE 19.

FIGURE NO. 19.

Start as in Position 1; lower body as in Position 2; release grasp of right hand, extend legs, flex thighs, and turn to the left until Position 3 is reached. (Bent arm half front lever.) Now assume Position 4 and finally come to Position 5.

Combinations. Perform Figure 19, then Figure 26, and finish by executing Figure 22.

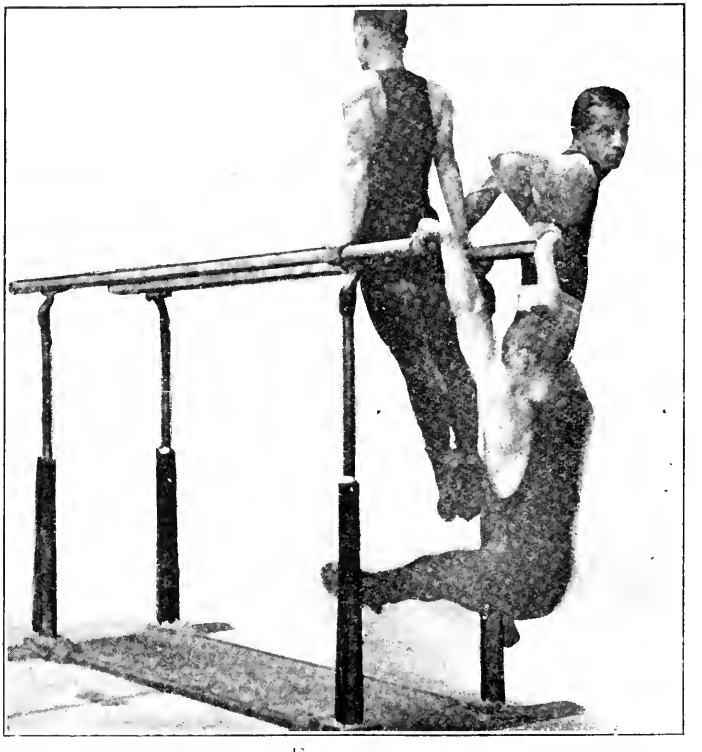


FIGURE 20.

FIGURE NO. 20.

From Position 1 (front half lever, hands grasping bar, as the left one in the illustration), legs and thighs raised front, pull up as in Position 2. Of course, the man in Position 2 should be where the one in Position 3 is, right hand on end of bar. From Position 3 release grasp of left hand, turn body to the right, the weight of body supported by right arm. Continue turning until the other bar can be grasped, and come to Position 2 again.

This may then be repeated upon left bar. In going from Position 1 to 2 when shoulders are slightly above the bars, lean well forward with head and chest.

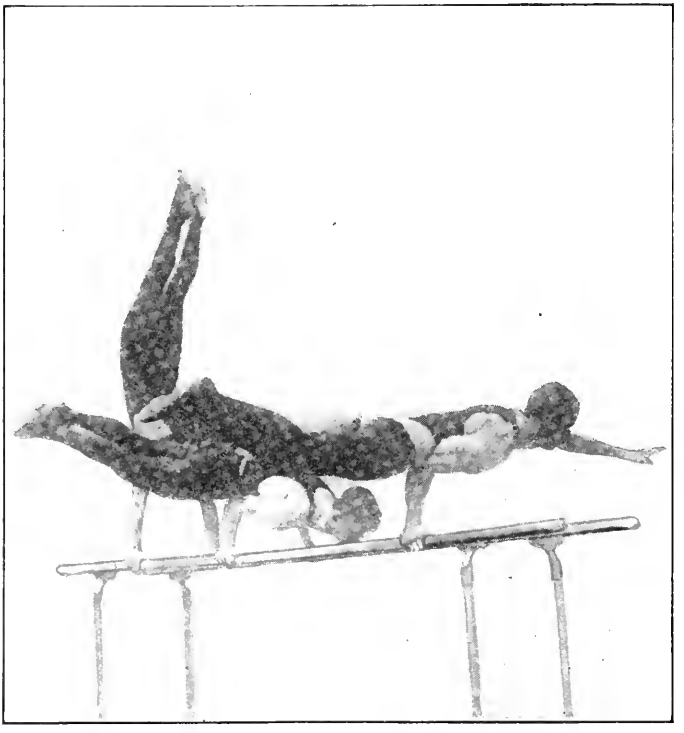


FIGURE 21.

FIGURE NO. 21.

Elbow Lever.

From hand balance, Position 1, lower body until the weight rests upon right elbow, as in Position 2; then extend left arm, as in Position 3.

Combinations. From Position 3 slowly revolve to right, grasp left bar, and sink to front horizontal, as in Figure 22.

From Position 3 grasp left bar, push up to hand balance, and perform elbow balance upon left elbow.

Revolve from right elbow to left.

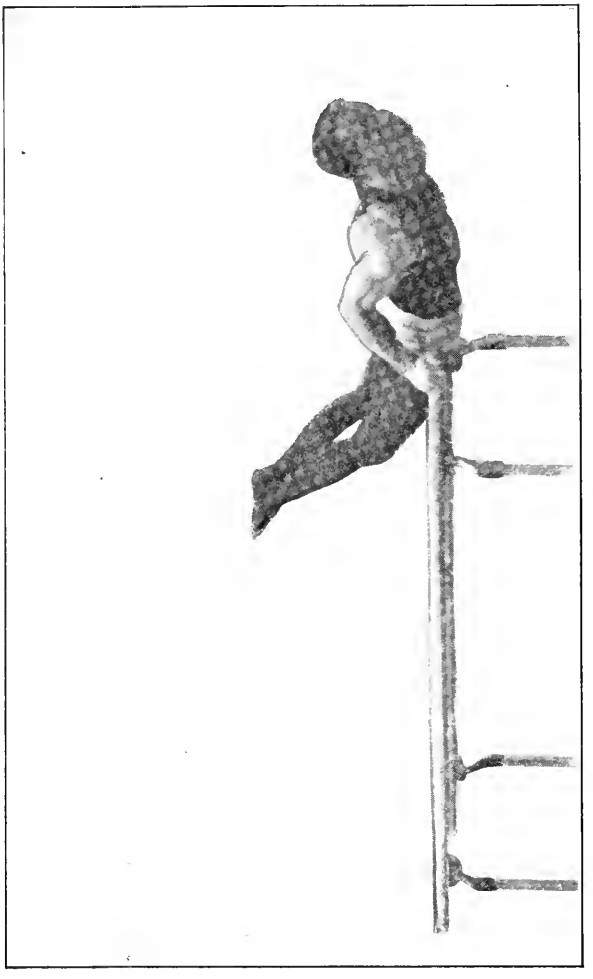


FIGURE 22.

FIGURE NO. 22.

Front Horizontal.

From a hand balance slowly descend to front horizontal or front lever.

From cross rest (Figure 23, Position 3) to front lever.

Combination. From hand balance to front horizontal, turn to inverted hang, then back lever.

Combine 18, 20, 19, 21, 22.

FIGURE 23.

FIGURE NO. 23.

Upstarts.

Ordinary Upstart. From Position 1 swing legs forward until Position 2 is reached, arch back strongly, swing legs upward and downward, and push bars away with hands, keeping the arms straight to Position 3.

Drop Upstart. From Position 3 drop back to Position 2 and upstart.

Drop Between the Bars and Upstart. From Position 3, Figure 23, drop between the bars as in Position 2, Figure 24, and upstart.

Quick Upstart. From upper arm hang, Position 1, uprise at end of front swing without bending at waist to cross rest. (Position 3.) Reverse of Figure 2. (Page 8.)

From Position 2, head to chest, snap to hand stand.

FIGURE 24.

FIGURE NO. 24.

Upstarts.

Long Underswing and Upstart. From cross stand at end of bars facing in, start as in Position 1, swing forward until the body is straight, then bend body at waist, as in Position 2, and upstart to Position 3.

Combinations. From all these different upstarts to hand balance.

From cross rest at end of bars facing out drop upstart and hand spring.

From cross rest drop back to upper arm hang; upstart to hand balance or hand spring.

Begin as in a front roll and upstart. A succession of front roll upstarts across bars and hand-spring off.

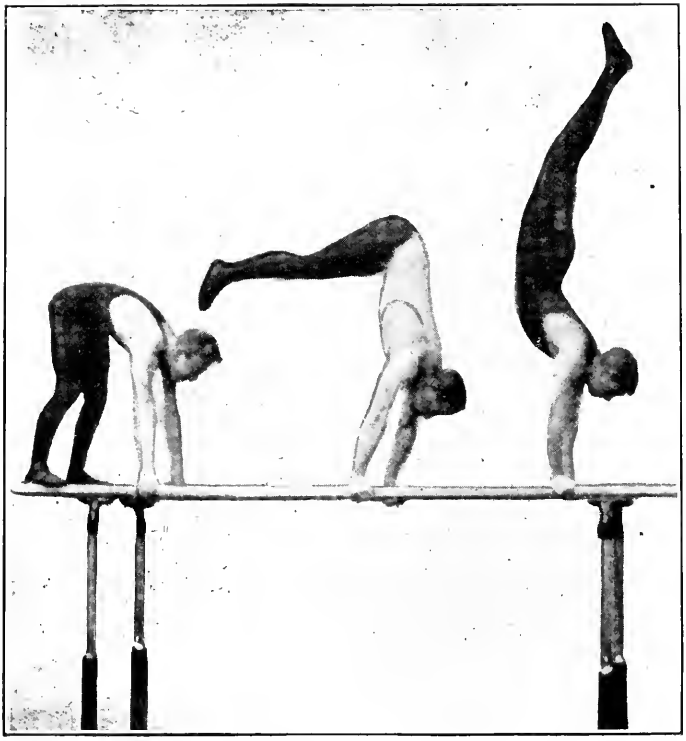


FIGURE 25.

FIGURE NO. 25.

Hand Balances.

Standing Position on Bars to Hand Balance. Stand with the feet upon the bars, arms raised vertically, bend forward, grasp the bars without bending at knees, slowly raise legs, bending at waist until Position 2 is reached, and push up to hand balance, as in Position 3.

FIGURE 20.

FIGURE NO. 26.

From Cross Rest to Hand Balance.

Push Up to Hand Balance.

From cross rest, Position 1, without a swing, and without flexing any part of the body except the arms, push up, as in Position 2 to hand balance, as in Position 3.

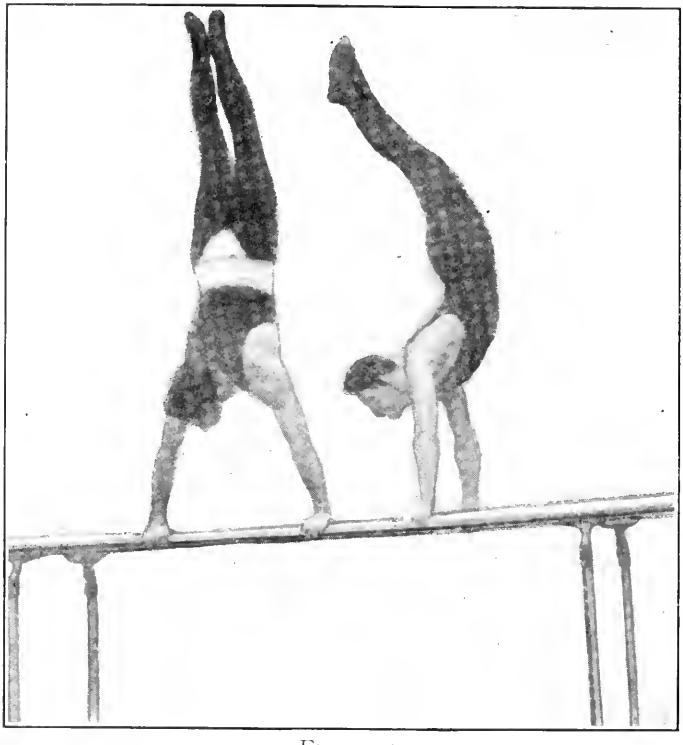


FIGURE 27.

FIGURE NO. 27.

Hand Balance Pirouette.

In the pirouette, commence as in Position 1, release grasp of right hand, put the greater part of the weight of the body on the left hand, and grasp left bar with right hand, as in Position 2. Then shift the weight of the body on the right hand, release grasp of right hand, and regrasp left bar and the pirouette is complete. A number in succession may be performed.

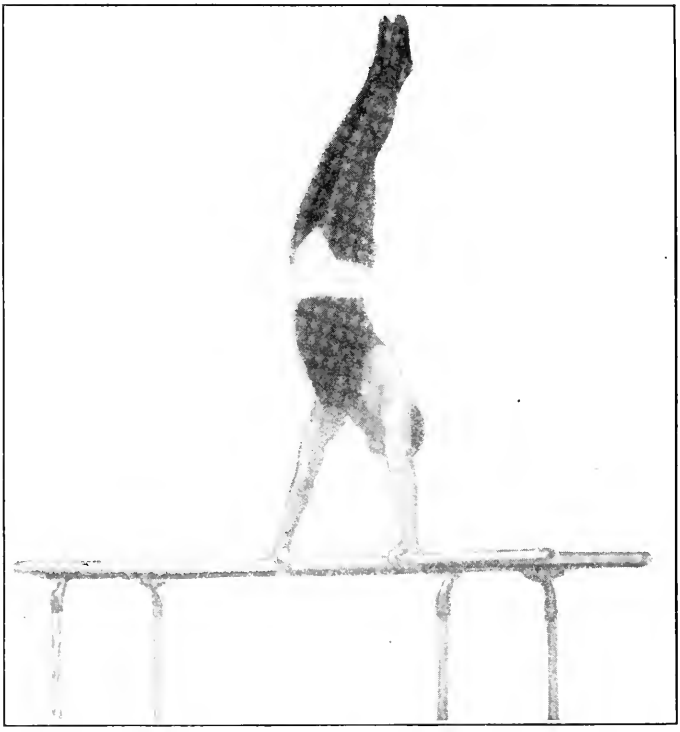


FIGURE 28.

FIGURE NO. 28.

From Hand Balance Jump to Far Bar.

Get a spring from the first bar sufficient to carry the body to the second. Grasp the far bar with back well arched.

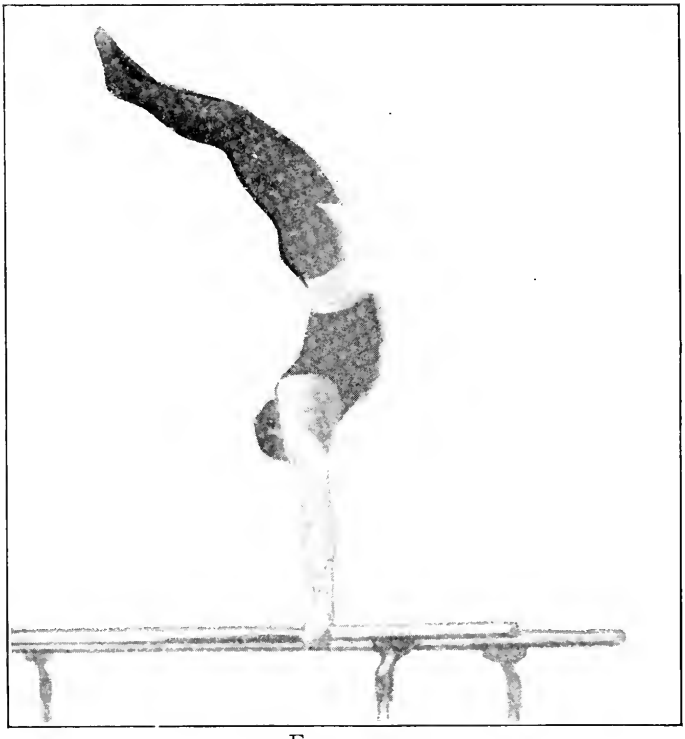


FIGURE 29.

FIGURE NO. 29.

One Arm Hand Balance.

The hand balance upon one hand takes a great deal of practice to accomplish, and is hardly worth the effort it requires. Lean well over to one side, and, when well-balanced, release the grasp of the other hand. Keep the arm very still and push away from the bar in case you fall.

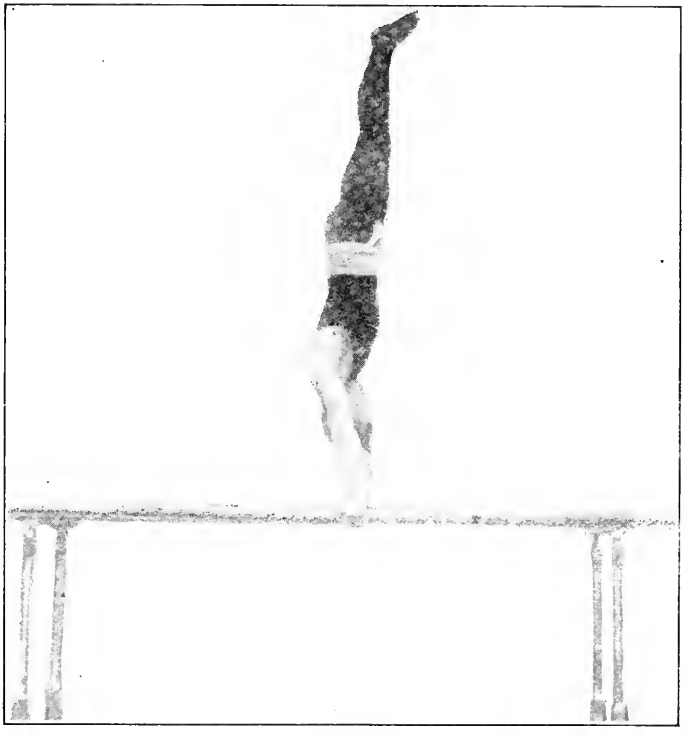


FIGURE 30.

FIGURE NO. 30.

The Straight Balance.

Perform an ordinary hand balance, bring the head forward until it is between the arms. When you can see your toes, *you have it.* Return to ordinary balance, and repeat Figure 30.

FIGURE 31.

FIGURE NO. 31.

Slow Circle to Hand Balance.

Place the arms on the bar, as in Position 1 and, with the strength of the arms, bring the body over until it is above the head, rise and circle to hand balance. It is easier to execute at the end of the bars.

The grasp of the hands must be shifted, when one gets above the bar, just before the push up to balance.

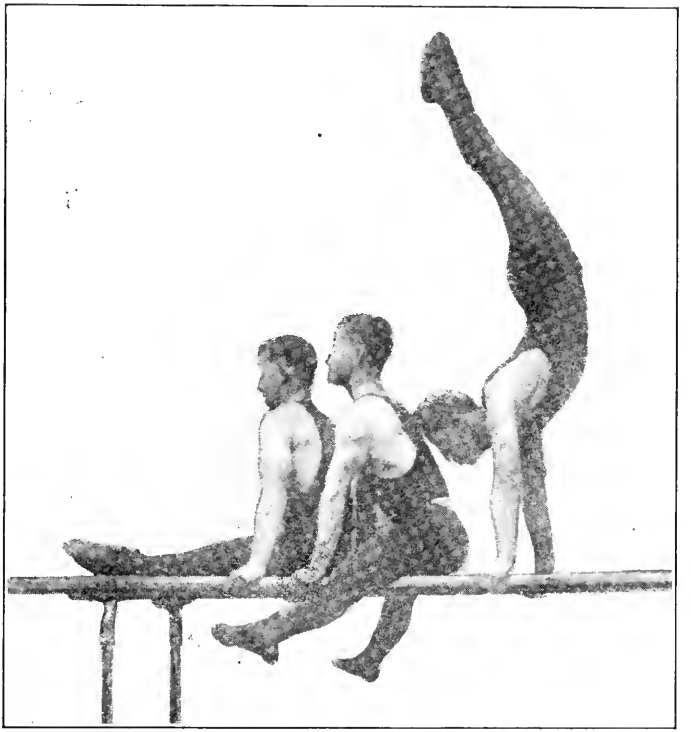


FIGURE 32.

FIGURE NO. 32

Straddle and Catch from Hand Balance.

From hand balance, Position 1, bring the legs astride of the wrists, Position 2; slightly bend the arms, and straddle to Position 3, half back lever. Practice from a cross rest position.

This may be accomplished at the end of the bars, but is much more difficult. At the end, after straddling the wrists, straighten the body, lean slightly backward, and regrasp the bars.

FIGURE 33.

FIGURE NO. 33.

Back Hand Spring.

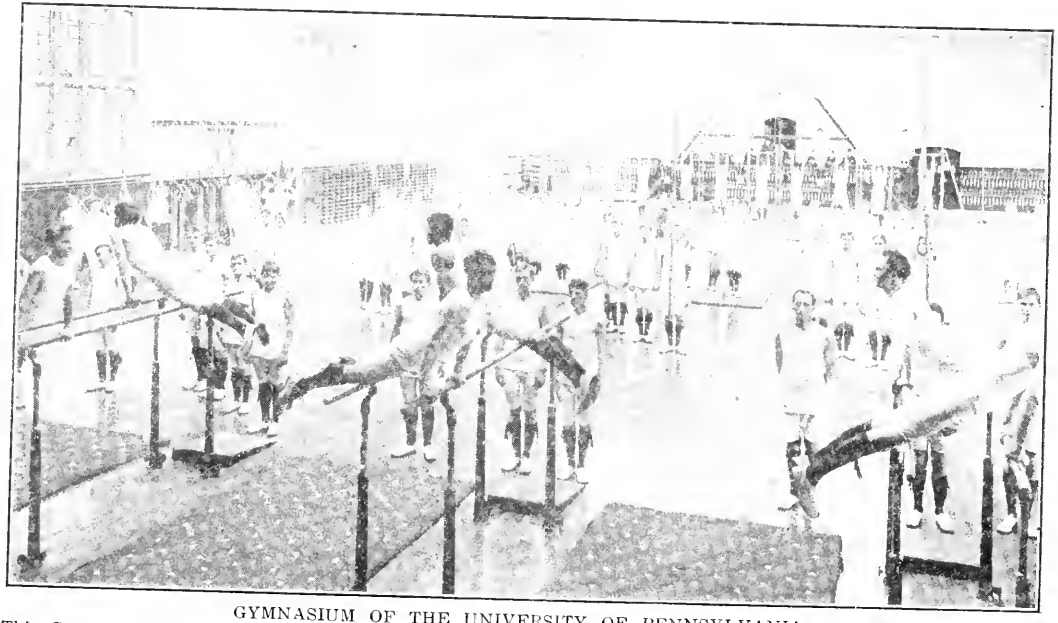
Practice swinging as in figure, and thus become accustomed to the swing, before attempting the hand spring. Use a suspended lunger, or have a couple of men assist, one at each shoulder.

Retain your grasp upon the bars as long as possible, keep the arms stiff, bring the feet over the head, and give a quick push away from the bars, and alight upon the feet.

This can also be accomplished from a hand balance.

IN ALL EXERCISES INVOLVING ANY RISK, SECURE ASSISTANCE.

"Make haste slowly."



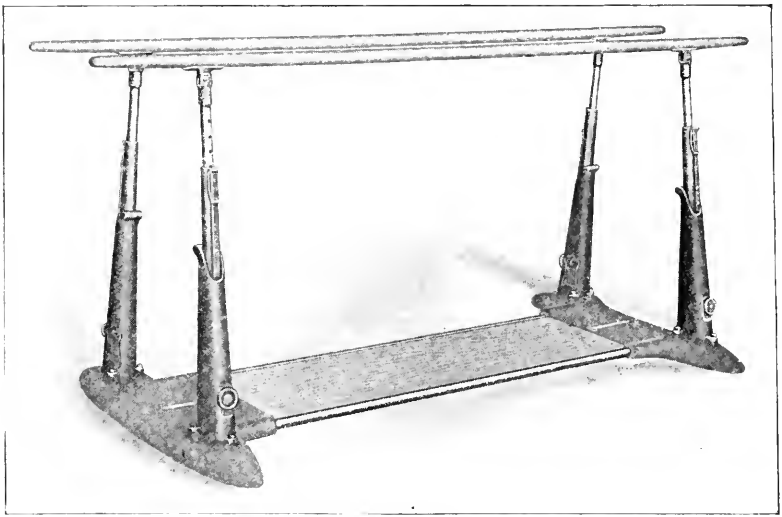
GYMNASIUM OF THE UNIVERSITY OF PENNSYLVANIA.

This Gymnasium has been completely outfitted by Messrs. A. G. Spalding & Bros. The above picture shows all the various pieces of apparatus in place for squad work.

GYMNASIUM OF THE UNIVERSITY OF PENNSYLVANIA.

This picture shows how quickly the Spalding apparatus can be removed from the sockets, etc., leaving a clear floor for mass work, basket ball games, etc.

Spalding
Efficient Gymnasium Apparatus



SPALDING SAFETY ADJUSTABLE PARALLEL BARS
No. 400

Patented U. S., July 16, 1912; November 26, 1912; Patented Canada, March 5, 1912.

Height Adjustment—Spring-pin and lever, with the pin automatically locked in. *Can't snap out.*

Width Adjustment—Screw and traveling nut operated by turning hand wheel. Being *always* locked is *always safe.*

Height Indications—Engraved on the telescoping uprights.

Width Indicator—A small brass plate on each upright shows the width *instantly.*

Ball Bearing Rollers—One under each corner. *Two levers* control the four rollers.

Other Features—Platform Base; Telescoping Uprights of brass covered steel tubing, can't rust; Hinged Rails of selected white ash, oval shaped; all Castings finished in black enamel.

See next page.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

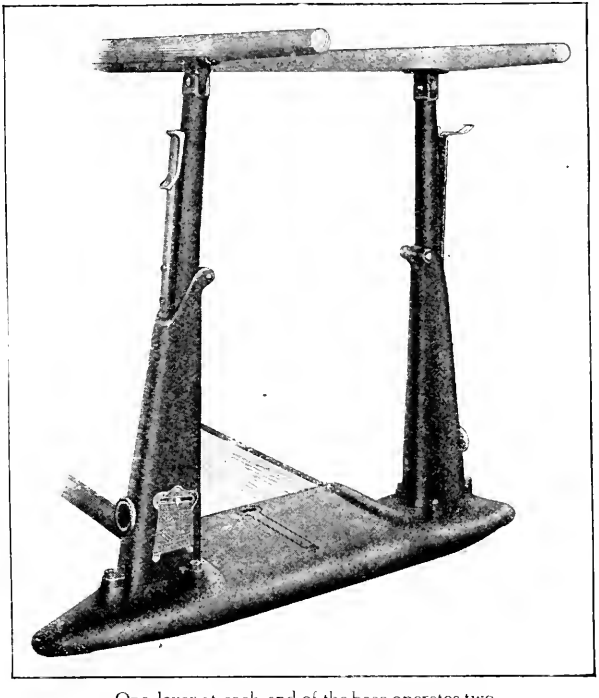
Spalding
Efficient Gymnasium Apparatus

SPALDING SAFETY ADJUSTABLE PARALLEL BARS
No. 400

Hinged rails provide flexibility.

Height adjustment pin held tightly in place by automatic locking bar. *No more accidents.*

Locking bar raised automatically as pin is drawn by lever.



Width adjustment hand wheel operates screw shaft. Always locked in any position. This simply *can't slip.*

Ball bearing swivel roller under each standard.

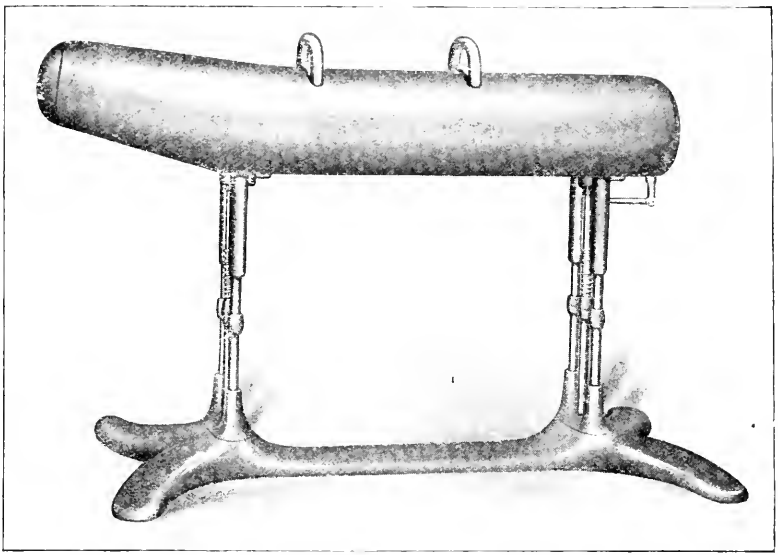
One lever at each end of the base operates two ball bearing swivel rollers under the standards. Convenient operation and positive action.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

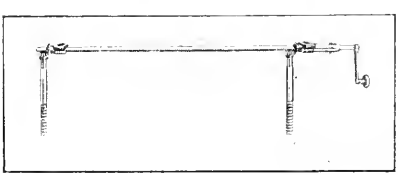
Spalding
Efficient Gymnasium Apparatus



VAULTING HORSE No. 300

Patented January 2, 1912.

All adjustments take place from one point and that the most convenient. At the rear—operated in standing position.



To raise or lower the Horse or Buck a hinged crank is instantaneously adjusted to place and as quickly removed.

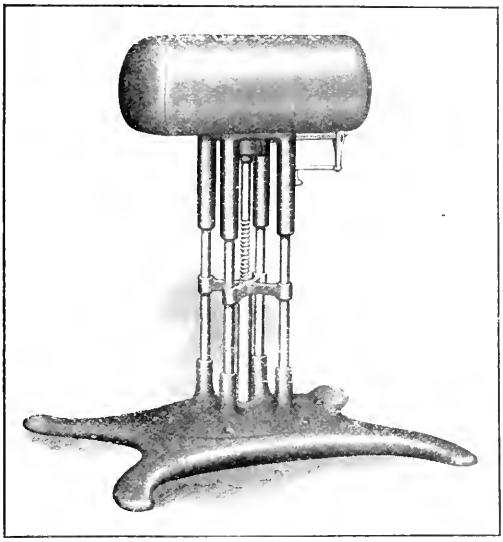
Small picture shows crank in position for use.

See next page for complete description of Horse and Buck.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



VAULTING BUCK No. 305

Patented January 2, 1912.

The power is transmitted through bevel gears by a one piece shaft drive that operates the adjusting screws. The lack of friction in our bevel gears allows fast screws to be used.

Speed of adjustment from lowest to highest in six seconds.

This same screw when lowered to its limit depresses plates carrying ball bearing swivel rollers, so that the apparatus may be easily, quickly and noiselessly moved about.

The roller action is smooth and uniform; no snap; no jar; no danger to toes or fingers.

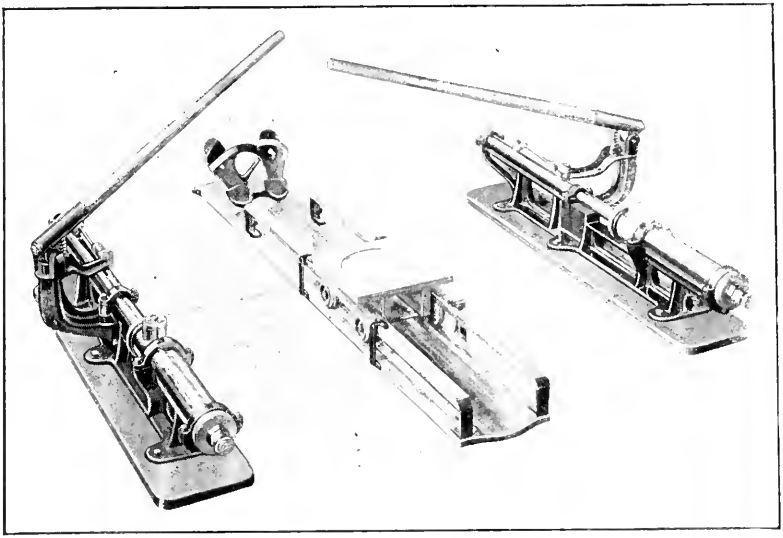
The strength and beauty of design is apparent; the simplicity of the mechanism is obvious and its durability is guaranteed.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



HYDRAULIC ROWING MACHINE

Patented U. S., January 16, 1912; Patented Canada, April 13, 1912.

The Spalding Hydraulic Rowing Machine is built around a new principle of construction that eliminates all the heretofore existing faults in this type of machine, and produces a device as nearly perfect as will probably ever be attained in a substitute for the actual shell and water.

The machine has been *thoroughly tested by experts* who have invariably said that its action is the nearest approach to actual rowing yet attained.

The Spalding Rowing Machine is rust proof, as the chamber and other parts that come in contact with water, are of brass. All parts are extremely substantial.

Supplied in any combination of Oars and Seats.

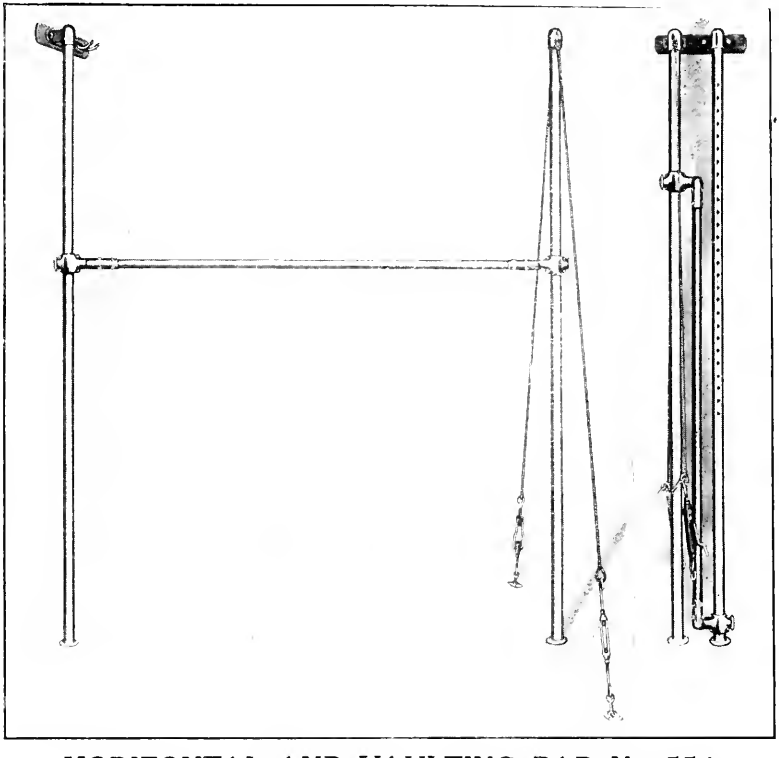
See details on next page.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



HORIZONTAL AND VAULTING BAR No. 554

One upright permanently attached to wall, the other guyed by steel cables with instantaneous turnbuckles.

Folds so compactly it may be attached to posts or columns.

Uprights of *brass covered steel tubing* with our patented interior height indications.

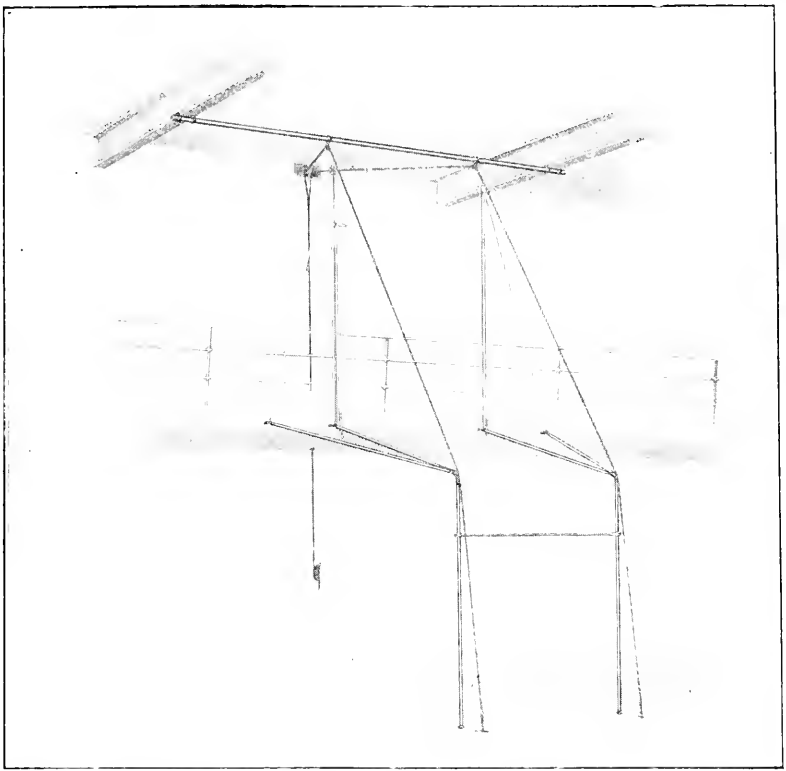
Bars of either Steel-Core Hickory or Solid-Steel, with patented "quick-set safety" caps.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



GALLERY BRACED HORIZONTAL AND VAULTING BAR
No. 579

The most efficient combination bar for rooms with gallery. Braced out eight feet—can be used for all Vaulting and High Bar work. May be quickly and easily hoisted to face of gallery as shown in phanton view.

Uprights of *brass covered steel tubing* with our patented interior height indications.

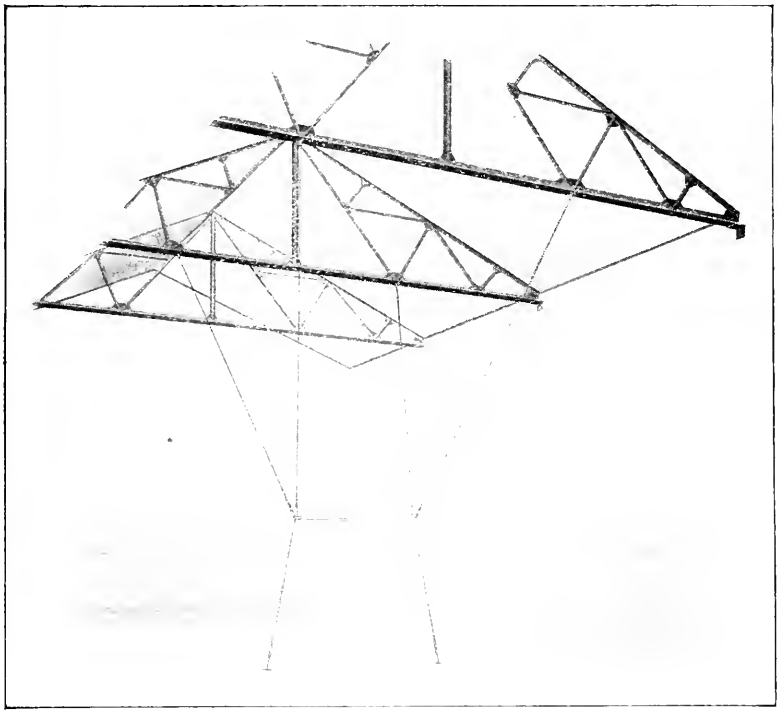
Bars of either Steel-Core Hickory or Solid-Steel, with patented "quick-set safety" caps.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



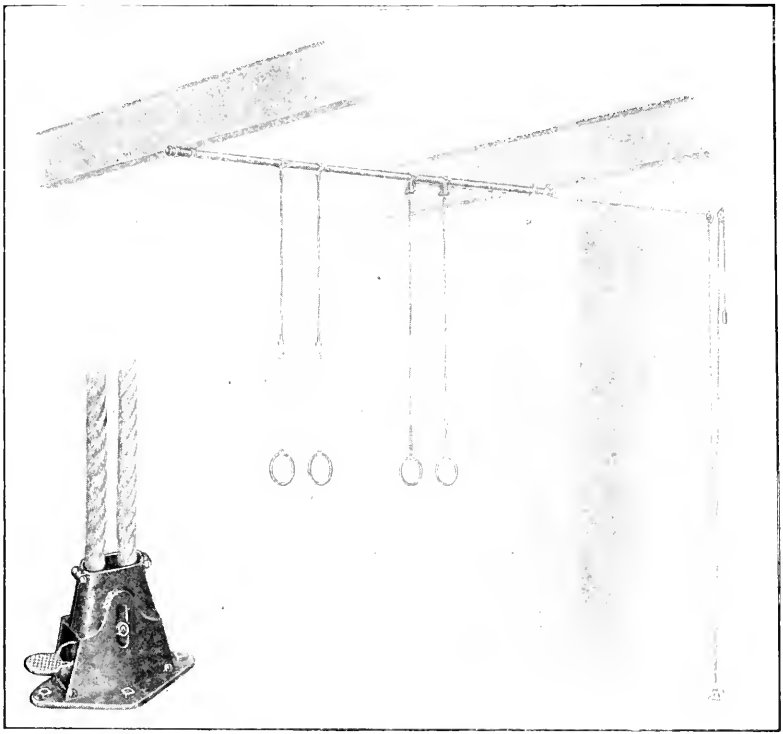
SIX-GUYED HIGH HORIZONTAL BAR
No. 586

Especially adapted to high ceilings. May be quickly hoisted to ceiling by releasing instantaneous turnbuckles on floor guys.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

Spalding
Efficient Gymnasium Apparatus



ADJUSTABLE FLYING RINGS

Patented U. S., January 2, 1912; Patented Canada, April 13, 1912.

Flying Rings are made in two forms (No. 825), that shown on the left with adjustable webbing straps, and (No. 830) that on the right with wall adjustment device.

The Rings with wall adjustment are especially adapted for school gymnasiums. By pressing the floor lever with the toe the rope clutch is released so that rings can be adjusted to any height or hoisted to the ceiling. Adjusting straps are provided to take up any uneven stretching of the ropes.

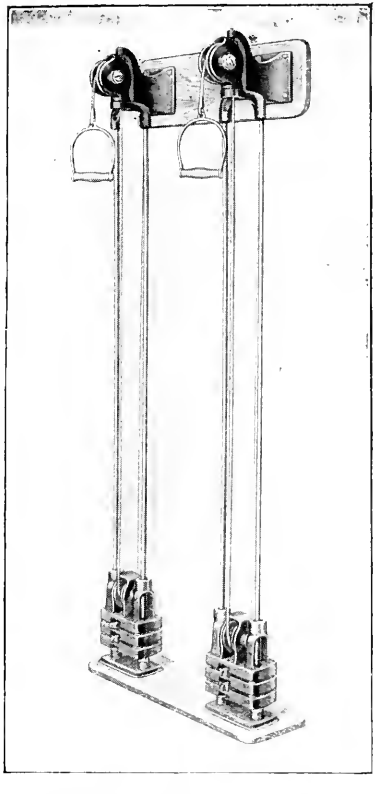
Fittings are all of malleable iron, black japanned. Rings are of steel with cowhide covers. The ceiling fittings can be provided for either pipe beam, as shown in the photograph, or for flat beam.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.

CHICOPEE, MASS.

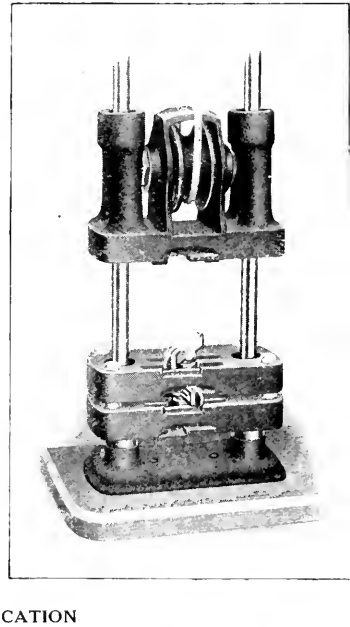
Spalding
Efficient Gymnasium Apparatus



SPALDING GYMNASIUM PULLEY WEIGHTS

Durable, noiseless, of handsome design and finish. All approved combinations:

Chest Weights.
Duplicate Back and Loin.
Duplicate Intercostal.
Triplicate Back and Loin-Intercostal.
Quarter Circles, etc.



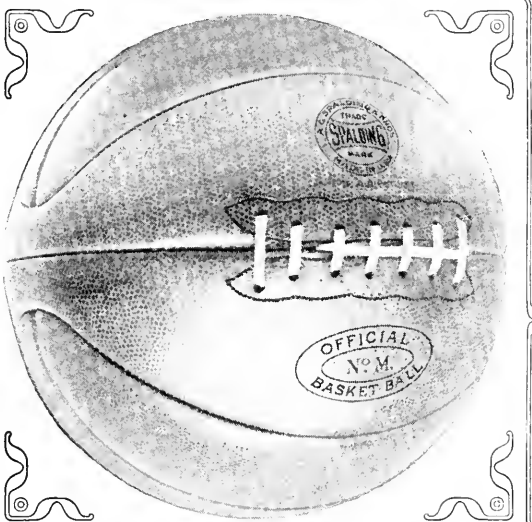
WEIGHT DETAILS—Central balance. Levers lock at two points. Weights cannot rattle and work loose. Felt bushings and rubber bumpers. Pulleys have adjustable, self-lubricating, wood-bushed bearings.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

The Spalding Official Basket Ball



THE ONLY OFFICIAL BASKET BALL

WE GUARANTEE *this ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use.*

Owing to the superb quality of our **No. M Basket Ball,** *our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.*

A. G. SPALDING & BROS.

OFFICIALLY ADOPTED AND STANDARD. The cover is made in four sections, with capless ends, and of the finest and most carefully selected pebble grain English leather. We take the entire output of this superior grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. Extra heavy bladder made especially for this ball of extra quality pure Para rubber (not compounded). Each ball packed complete, in sealed box, with rawhide lace and lacing needle, and guaranteed perfect in every detail. To provide that all official contests may be held under absolutely fair and uniform conditions, it is stipulated that this ball must be used in all match games of either men's or women's teams.

No. M. Spalding "Official" Basket Ball. Each, $6.00

Extract from Men's Official Rule Book

RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.

Extract from Official Collegiate Rule Book

The Spalding Official Basket Ball No. M is the official ball of the Intercollegiate Basket Ball Association, and must be used in all match games.

Extract from Women's Official Rule Book

RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

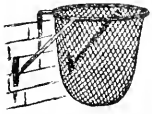
FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect July 5 1913. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

Spalding Basket Balls

Spalding "Special" No. E

No. **E.** Imported pebble grain leather case. Extra heavy guaranteed pure Para rubber bladder (not compounded). Complete in box, with rawhide lace and lacing needle. Superior to any other except our No. M Official Ball.
Each, $4.00



No. 80

Extract from Official Rule Book

RULE III.—GOALS

Sec. 3. The goal made by A. G. Spalding & Bros. shall be the official goal.

Sec. 4. The official goal must be used in all match games.

Spalding "Official" Basket Ball Goals

No. **80.** Officially adopted and must be used in all match games. Pair, $4.00

No. **90.** This is the only drop forged goal made, to the best of our knowledge. We can guarantee that even under the heaviest and most severe use it will not break. Same size basket, and brace same length as on official goals. Extra heavy nets. This is the style goal that should be used in all large gymnasiums. Pair, $5.00

Spalding Practice Goals

No. **70.** Japanned Iron Rings and Brackets. Complete with nets. . . . . Per pair, $3.00

Spalding Nets, Separate, for Goals

Heavy twine; hand knitted; white. The same as supplied with No. 80 Goals. . . . . Per pair, 50c.

Spalding Bladders

Guaranteed Quality

Pure Para rubber (not compounded), and are guaranteed.

No. **OM.** For Nos. M and E balls. Each, $1.50
No. **A.** For No. 18 ball. . . . " 1.00

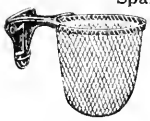
Spalding Canvas Holder

No. **01.** For carrying an inflated basket ball. Each, $1.00

Spalding "Practice" No. 18

No. 18. Good quality leather cover. Each ball comple in box with pure Para rubber bladder (not compounded guaranteed, rawhide lace and lacing needle. Each, $3.0

Spalding Detachable Baske Ball Goals



Pat. May 25, 1909

Fittings on No. 50 Goals

No. 50. Detached readily from the wall or upright leaving no obstruction to interfere with other games with general gymnasium work. Same size basket, an brace same length as on official goals. Per pair, $6.0

Spalding Referees' Whistles

No. 7

No. 3

No. 4

No. 2

No. **7.** Nickel-plated, heavy metal whistle. The mo satisfactory and loudest of any. . . . . Each, 50
No. 4 Horn Whistle, nickel-plated, heavy metal. " 75
No. 3. Nickel-plated, special deep tone. . . " 75
No. 2. Very reliable, popular design. . . . " 25

Spalding Basket Ball Score Books

No. **1.** Paper cover, 10 games. . . . . Each, 10
No. 2. Cloth cover, 25 games. . . . . " 25
No. A. Collegiate, paper cover, 10 games. . " 10
No. **B.** Collegiate, cloth cover, 25 games. . . " 25

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Spalding Basket Ball Shoes

No. BBS

Spalding "Sprinting" Basket Ball Shoes

No. **BBS.** Made with flexible shank, on same principle as on "sprinting" base ball and foot ball shoes. Extremely light in weight, well finished inside. Improved patented pure gum thick rubber suction soles, with reinforced edges, absolutely guaranteed to give satisfaction with reasonable use. Lace extremely far down. Uppers of best quality black genuine kangaroo heel. Light, flexible and durable. Strictly bench made. Supplied on special order only, not carried in stock. Per pair, **$8.00** ★ *$7.50 per pair.*

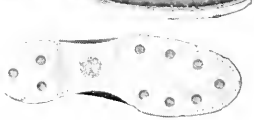
On orders for five pairs or more, price in italics, preceded by ★ will apply.

No. AB

SPECIAL NOTICE — In a game like basket ball, which is played generally on board floors, there is a strain on the feet altogether different from that in almost any other athletic game, and to support this strain, properly made shoes with leather uppers and correctly shaped soles are absolutely necessary. It is a fact that players on many teams wear canvas top shoes and we supply in our No. P shoes, listed below, absolutely the best canvas top basket ball shoes ever made, and the same style as worn by some very successful teams, but from our long experience in catering to athletes and watching closely, as we have done, the development of basket ball and its effects on the physical condition of players, we cannot consistently recommend canvas top shoes for any athletic use and especially not for basket ball.

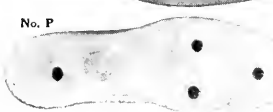
No. **AB.** High cut, drab calf, Blucher cut; heavy suction soles, superior quality.
Per pair, **$5.00**

No. BBL.



No. **BBL.** Ladies'. High cut, black chrome leather, good quality suction soles.
Per pair, **$4.50**

No. P



Spalding Special Canvas Top Basket Ball Shoes

Special quality soft rubber soles. These soles absolutely hold on the most slippery floor. Light weight, durable, correct in design

No. **P.** Per pair, **$4.00** ★ *$43.20 Dozen pairs.*

On orders for five pairs or more, price in italics, preceded by ★ will apply.

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding Gymnasium Shoes

Gymnasium Shoes must be comfortable and easy, yet fit snugly and give the wearer a sure footing—they must also be durable. Spalding Gymnasium Shoes possess all of these good qualities and, in addition, are reasonable in price.

No. 15

No. **15.** High cut, kangaroo uppers, genuine elkskin soles. Will not slip on floor; extra light, hand made. Correct shoes for boxing. Per pair, **$5.00**

No. 155

No. **155.** High cut, elkskin soles, and will not slip on floor; soft and flexible; ladies' and men's sizes. . Per pair, **$4.50**

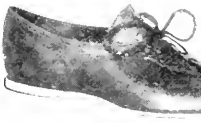
No. 166

No. **166.** Low cut, selected leather, extra light and electric soles; ladies' and men's sizes.

Per pair, **$3.00**

No. 90L

No. **90L.** Ladies'. Low cut, black leather, electric soles and corrugated rubber heels. Pair, **$2.50**


No. 85L

No. **21.** High cut, black leather, electric soles. Hand sewed; turned, which makes shoes extremely light and flexible.

No. 21

Per pair, **$2.50**

No. 20

No. **85L.** Ladies'. Low cut, black leather, with roughened electric soles. . . . . Per pair, **$2.00**

No. **20.** Low cut. Otherwise as No. 21. Hand sewed, turned shoes. . . . . Per pair, **$2.00**

No. **20L.** Ladies'. Otherwise as No. 20. Hand sewed, turned shoes. . . . . Per pair, **$2.00**

No. 148

Spalding Special Bowling Shoes

No. **148.** For bowling and general athletic use. Best selected light drab chrome tanned leather uppers with elkskin soles. Lace extremely low down. Pair, **$3.50**

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

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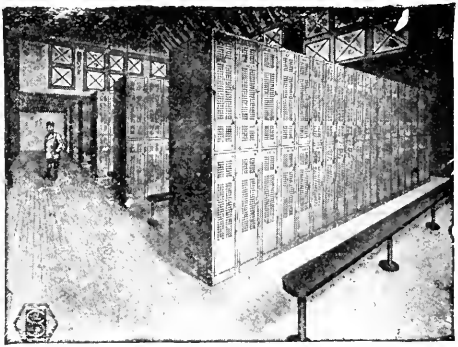
Durand-Steel Lockers



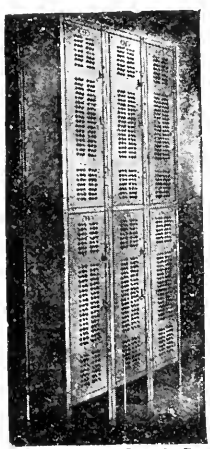
Some of the 6,000 Durand-Steel Lockers Installed in the Public Gymnasiums of Chicago. 12'x 15'x 42', Double Tier.

Wooden lockers are objectionable, because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire.

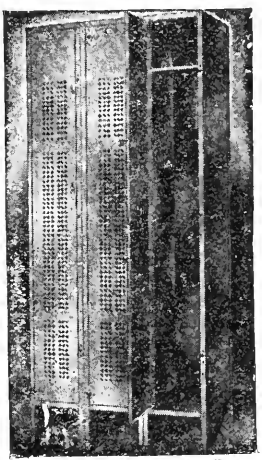
Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust, and the lockers themselves present a poor appearance, resembling animal cages.

Durand-Steel Lockers are made of finest grade furniture steel and are finished with gloss black, furnace-baked japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.

Durand-Steel Lockers are usually built with doors perforated full length in panel design with sides and backs solid. This prevents clothes in one locker from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but, if the purchaser prefers, we perforate the backs also.



Two Lockers in Double Tier



Three Lockers in Single Tier

The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and, in addition, are fire-proof.

THE FOLLOWING STANDARD SIZES ARE THOSE MOST COMMONLY USED:

DOUBLE TIER	SINGLE TIER
12 x 12 x 36 Inch	12 x 12 x 60 Inch
15 x 15 x 36 Inch	15 x 15 x 60 Inch
12 x 12 x 42 Inch	12 x 12 x 72 Inch
15 x 15 x 42 Inch	15 x 15 x 72 Inch

SPECIAL SIZES MADE TO ORDER.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size and arrangement, we shall be glad to take up, through correspondence, the matter of prices.

ACCEPT NO SUBSTITUTE **THE SPALDING TRADE-MARK** GUARANTEES QUALITY

SPALDING'S NEW ATHLETIC GOODS CATALOGUE

The following selection of items from Spalding's latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. ∴ ∴ SEND FOR A FREE COPY.

SEE LIST OF SPALDING STORES ON INSIDE FRONT COVER OF THIS BOO

Ankle Brace, Skate
Ankle Supporter
Athletic Library
Attachments,
  Chest Weight

Bags—
  Caddy
  Striking
  Skate
Balls—
  Base
  Basket
  Field Hockey
  Foot, College
  Foot, Rugby
  Foot, Soccer
  Golf
  Hand
  Hurley
  Indoor Base
  Lacrosse
  Medicine
  Playground
  Polo, Roller
  Polo, Water
  Push
  Squash
  Volley
Ball Cleaner, Golf
Bandages, Elastic
Bar Bells
Bar Stalls
Bars—
  Horizontal
  Parallel
Bases, Indoor
Bats, Indoor
Belts—
  Elastic
  Leather and Worsted
  Wrestling
Bladders—
  Basket Ball
  Fighting Dummy
  Foot Ball
  Striking Bag
Blades, Fencing
Blankets, Foot Ball

Caddy Badges
Caps—
  Lacrosse
  Outing
  Skull
  University
  Water Polo
Chest Weights
Circle, Seven-Foot
Clock Golf
Collarette, Knitted
Corks, Running
Cross Bars, Vaulting

Discus, Olympic
Discs—
  Marking, Golf
  Rubber, Golf Shoe
Disks, Striking Bag
Dumb Bells

Emblems
Embroidery
Exercisers—
  Elastic
  Home

Felt Letters
Fencing Sticks
Fighting Dummies
Finger Protection, Hockey
Flags—
  College
  Marking, Golf
Foils, Fencing
Foot Balls—
  Association
  College
  Rugby
Foot Ball Clothing
Foot Ball Goal Nets
Foot Ball Timer

Gloves—
  Boxing
  Fencing
  Golf
  Hand Ball
  Hockey, Field
  Hockey, Ice
  Lacrosse
Goals—
  Basket Ball
  Foot Ball
  Hockey, Field
  Hockey, Ice
  Lacrosse
Golf Clubs
Golf Sundries
Goltette
Grips—
  Athletic
  Golf
Gymnasium, Home
Gymnasium Board, Hon.
Gymnasium, Home Outfits

Hammers, Athletic
Hangers for Dumb Bells
Hangers for Indian Clubs
Hats, University
Head Harness
Health Pull
Hob Nails
Hockey Pucks
Hockey Sticks, Ice
Hockey Sticks, Field
Holder, Basket Ball, Canvas
Hole Cutter, Golf
Hole Rim, Golf
Horse, Vaulting
Hurdles, Safety
Hurley Sticks

Indian Clubs
Inflaters—
  Foot Ball
  Striking Bag

Jackets—
  Fencing
  Foot Ball
Javelins
Jerseys

Knee Protectors
Knickerbockers, Foot Ball

Lace, Foot Ball
Lacrosse Goods
Ladies'—
  Fencing Goods
  Field Hockey Goods
  Gymnasium Shoes
  Gymnasium Suits
  Skates, Ice
  Skates, Roller
  Skating Shoes
  Snow Shoes
Lanes for Sprints
Leg Guards—
  Foot Ball
  Ice Hockey
Leotards
Letters—
  Embroidered
  Felt
Liniment, "Mike Murphy"

Masks—
  Fencing
  Nose
Masseur, Abdominal
Mattresses, Gymnasium
Mattresses, Wrestling
Megaphones
Mitts—
  Handball
  Striking Bag
Moccasins
Monograms
Mouthpiece, Foot Ball
Mufflers, Angora

Needle, Lacing
Nets—
  Basket Ball
  Golf Driving
  Volley Ball
Numbers, Competitors'

Pads—
  Chamois, Fencing
  Foot Ball
  Wrestling
Paint, Golf
Pants—
  Basket Ball
  Boys' Knee
  Foot Ball, College
  Foot Ball, Rugby
  Hockey, Ice
  Running
Pennants, College
Pistol, Starter's
Plastrons, Fencing
Plates—
  Teeing, Golf
  Platforms, Striking Bag
Poles—
  Ski
  Vaulting
Polo, Roller, Goods
Protectors—
  Abdomen
  Eyeglass
  Finger, Field Hockey
  Indoor Base Ball
  Knee
  Thumb, Basket Ball
Protection, Running Shoes
Pucks, Hockey, Ice
Push Ball
Pushers, Chamois

Quoits

Racks, Golf Ball
Racquet, Squash
Rapiers, Fencing
Referee's Whistle
Rings—
  Exercising
  Swinging
Rowing Machines

Sacks, for Sack Racing
Sandals, Snow Shoe
Sandow Dumb Bells
Scabbards, Skate
Score Books—
  Basket Ball
Shin Guards—
  Association
  College
  Field Hockey
  Ice Hockey
Shirts—
  Athletic
  Rubber, Reducing
  Soccer
Shoes—
  Acrobatic
  Basket Ball
  Bowling
  Clog
  Fencing
Shoes—
  Foot Ball, College
  Foot Ball, Rugby
  Foot Ball, Soccer
  Golf
  Gymnasium
  Jumping
  Running
  Skating
  Snow
  Squash
  Street
  Walking
Shot—
  Athletic
  Indoor
  Massage
Skates—
  Ice
  Roller
Skate Bag
Skate Keys
Skate Rollers
Skate Straps
Skate Sundries
Skis
Snow Shoes
Sprint Lanes
Squash Goods
Standards—
  Vaulting
  Volley Ball
Straps—
  For Three-Legged Rac
  Skate
Sticks, Roller Polo
Stockings
Stop Boards
Striking Bags
Suits—
  Base Ball, Indoor
  Gymnasium, Ladies'
  Soccer
  Swimming
  Water Polo
Supporters—
  Ankle
  Wrist
Suspensories
Sweaters
Swivels, Striking Bags
Swords, Fencing
Swords, Dueling

Tackling Machine
Take-Off Board
Tape, Measuring, Steel
Tees, Golf
Tennis Posts, Indoor
Tights—
  Full
  Full, Wrestling
  Hockey
  Knee
Toboggans
Toboggan Cushions
Toe Boards
Toques
Trapeze, Adjustable
Trapeze, Single
Trousers—
  Y. M. C. A.
  Foot Ball
Trunks—
  Velvet
  Worsted

Uniforms—
  Base Ball, Indoor

Wands, Calisthenic
Watches, Stop
Weights, 56-lb.
Whistles
Wrestling Equipment
Wrist Machines

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SEP 24 1918

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 14 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods and the same prices to everybody.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 14 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By A. G. Spalding.

PRESIDENT.

Standard

An article that is universally given the appellation "Standard" is conceded to be the criterion, to which are compared all the inferior nature. For instance, the Gold Dollar of the United States is the Standard of currency, because it must legally contain a specific proportion and the fact of its being Genuine is guaranteed by the Government thereon. As a protection to the users of this currency against other tricks, considerable money is expended in maintaining a Secret Bureau of Experts. Under the law, citizen manufacturers may depend great extent upon Trade-Marks and similar devices to protect themselves counterfeit products — without the aid of "Government Opinion" to assist them.

Consequently the "Consumer's Protection" against "inferior quality" rests entirely upon the integrity and "Manufacturer."

A. G. Spalding & Bros. have, by their diligence and thirty-seven years, caused their Trade-Mark the world as a Guarantee of Quality as dependable U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark by maintaining the Standard Quality of their various Goods is as obvious as is the necessity of the Government in maintaining the Standard of U. S. Currency.

Thus each consumer is not only insuring himself, but every consumers when he assists a Reliable Manufacturer to uphold Mark and all that it stands for. Therefore, we urge all users Goods to assist us in maintaining the Spalding Standard of Excellence by insisting that our Trade-Mark be plainly stamped on all they buy, because without this precaution our best efforts Standard Quality and preventing fraudulent substitution will be

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation and a guarantee to protect must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of claim for Standard depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more treacherous than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

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